

Lobster Tails

Boiled: Drop frozen lobster tails into boiling salted water to cover, bring to a boil, reduce to a simmer. 3 oz. Tail 3-4 minutes 6 oz. Tail 8 minutes 8 oz. Tail 11 minutes
12 oz. Tail 16 minutes 16 oz. Tail 22 minutes

Broiled: With a sharp knife, cut down through center of hard top shell of frozen tail. Cut through meat, but not through under shell, spread open, butterfly-style, so meat is on top. Place tails on broiler pan, shell side down, brush melted butter over meat. Broil 4 inches from heat, avoid overcooking, meat is done when it loses its translucency and can be flaked with a fork.

6-8 oz. Tail 17 minutes 12 oz. Tail 22 minutes 16 oz. Tail 28 minutes

Scampi Style Seafood: (for 6-8 oz.)

2 TBSP butter 1 Tsp garlic
2 TBSP olive oil 2 Tbsp white wine
Salt, pepper, parsley to taste

Meat on Mille Lacs, Onamia, MN 320-532-4960 or toll free 888-553-6328